

Materials and Supplies Needed		
Handouts	<ul style="list-style-type: none"> ◆ Feelings and Faces handouts: Also attached. (Foundation/KidsHealth., 2019) https://classroom.kidshealth.org/classroom/prekto2/personal/growing/feelings_handout2.pdf ◆ <i>Under the Cone Recording Sheet</i> ◆ Healthy Choice (Sanford Health: Fit) https://fit.sanfordhealth.org/units/u7-k2-change-your-thinking-and-motivate-your-mood <p>Take a Positive Step</p>	1 copy per child,
Visual Aids/ Posters	<p>(Sanford Health, n.d.) https://fit.sanfordhealth.org/fit-club/session-3-know-your-mood</p>	
Teaching Supplies	<ul style="list-style-type: none"> ◆ Index cards or paper for student names. ◆ Children’s book: Alexander and the Terrible Horrible, Very Bad Day by Judith Viorst. ◆ Cone Scavenger Hunt (Cornell, 2018) https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/curriculum-materials/ ◆ Choice Cards: Under the Cone Activity cards teacher resource.docx ◆ Mood Charade: 	
Additional Resources / Notes	<p>Lesson materials were used and adapted from the following sites: (Ermer, 2005 -2019) https://www.webmd.com/parenting/raising-fit-kids/mood/features/fit-connection-mood#1</p> <p>(Sanford Health, 2019). https://fit.sanfordhealth.org/discover?category=Mood&sort=popular</p> <p>(Cornell University; Food and Nutrition Education in Communities 2018) https://fnec.cornell.edu/for-partners/curricula/chfff/order-information/curriculum-materials/</p>	

Lesson Goal(s): Understanding that a healthy lifestyle: good nutrition and exercise are essential for a healthy mind and positive choices.

Key Understanding: It is important to understand that your mind and body are closely connected. “Being positive, valuing yourself, respecting yourself, and having good self-esteem is part of being fit too,” says David Ermer, MD. Ermer (Child Psychiatrist, Sanford Health) <https://fit.webmd.com/kids/mood/article/kids-fit-connection-mood>

Student Objectives

- ◆Identify how feelings relate to Mood.*
- ◆Define Mood as ‘I Will’ or ‘I Won’t make a positive choice.’*
- ◆Practice strategies that can be used to move from ‘I Won’t to I Will.’*

This lesson addresses healthy mind and body by considering feelings and mood and how a healthy body and mindset influences mood. The above sources build a connection between Mood, Food, Recharge and Move.

Positive food choices and exercise are strategies that can be used to manage mood and stress. Students will learn that their feelings put them in a Mood and Moods both influences choices we make and choices may also influence our mood.

Examples: Feeling bored or grumpy can lead to ‘I Won’t,’ or ‘Don’t want to do anything.’ Feeling cheerful can be motivating and help us function. There are four key concepts:

- Mood, along with Recharge, is a key influencer of choices.
- Mood is an emotional state described as ‘How I feel right now.’ It is your willingness to make a positive choice.
- You can turn ‘I Won’t’ into ‘I Will’ or ‘I Can’.
- Your mood can change throughout the day.

NOTE: It is important to let students know that feelings of sadness are ok and we all feel that way at some time. This lesson is meant to help students understand that self-talk and positive choices can impact feelings.